

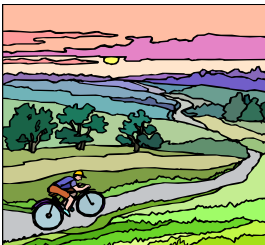
ALL GAIN...NO PAIN



IT STARTS BY USING THE STAIRS!



TAKE YOUR
FIRST STEP
ON THE
RHODE TO HEALTH



Member organizations of the “Rhode to Health” Coalition are:

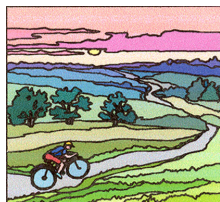
Bradley Hospital, Butler Hospital, Care New England Wellness Centers, Eleanor Slater Hospital, Kent Hospital, Landmark Medical Center, Memorial Hospital of RI, Newport Hospital, Our Lady of Fatima Hospital, Rehabilitation Hospital of RI, RI Department of Health, Rhode Island Hospital, Roger Williams Medical Center, St. Joseph Hospital for Specialty Care, South County Hospital, The Miriam Hospital, Westerly Hospital, Women and Infants Hospital of RI

ALL GAIN...NO PAIN



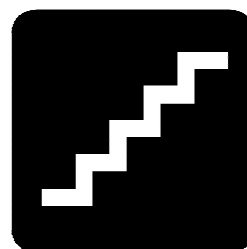
Use the Stairs

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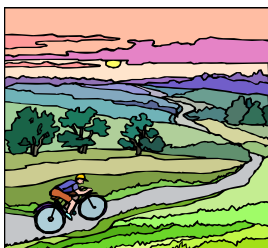
YOUR FEET



**ARE MADE FOR WALKING!
USE THE STAIRS!**



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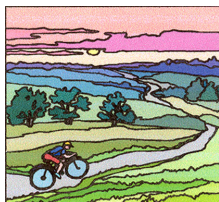
WALK A MILE



IN YOUR SHOES!

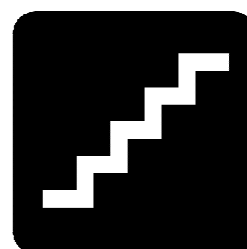
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WALK A MILE

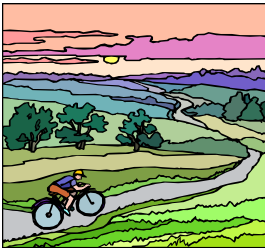


IN YOUR SHOES!

START BY USING THE STAIRS!



TAKE YOUR
FIRST STEP
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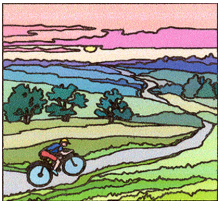
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HELP REDUCE STRESS.



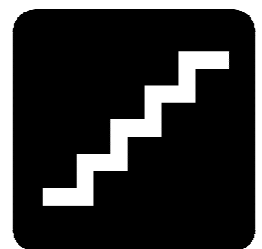
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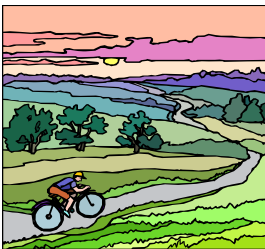
STRESSED?



**BURN OFF SOME ENERGY...
USE THE STAIRS!**



**TAKE YOUR
FIRST STEP
ON THE
*RHODE TO HEALTH***

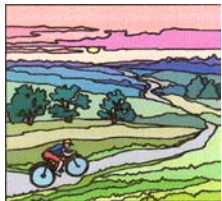


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USE THE STAIRS

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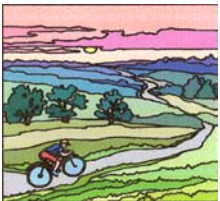
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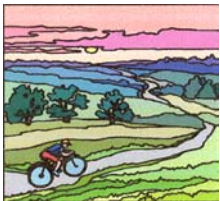
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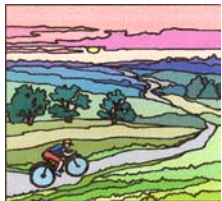


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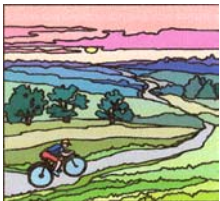


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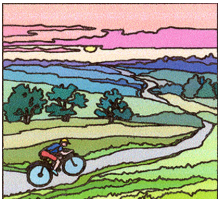
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BE A STEP MASTER.



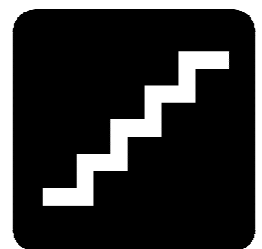
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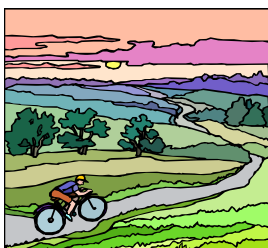




**BE A MASTER
USE THE STAIRS!**



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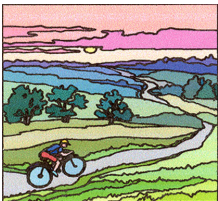
YOU MUST HAVE SOMETHING



BETTER TO DO!

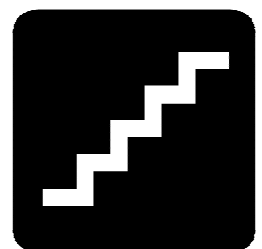
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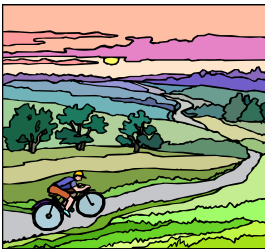


BETTER TO DO!

USE THE STAIRS!



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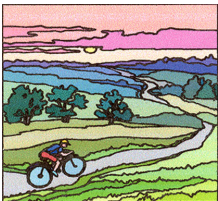
FREE EXERCISE MACHINE



NOT THAT KIND!

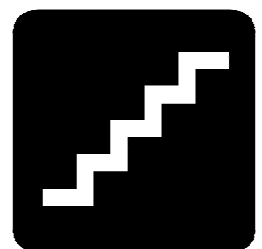
Use the Stairs

TAKE YOUR FIRST STEP ON THE *RHODE TO HEALTH*

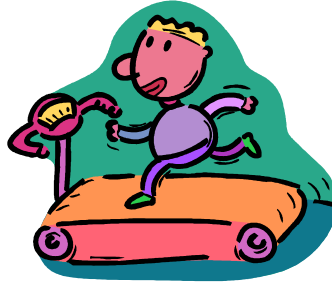


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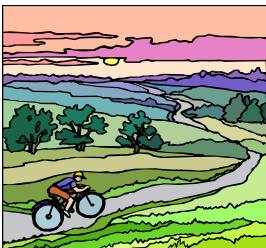
**FREE
EXERCISE
MACHINE!**



**NOT THAT KIND!
USE THE STAIRS!**



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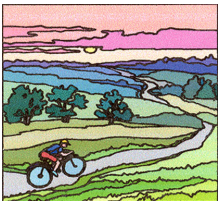
WANT TO BE SLIM?



NO TIME FOR THE GYM?

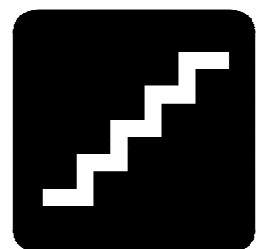
Use the Stairs

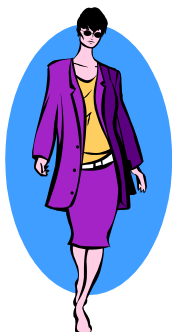
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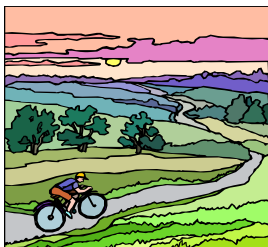
NO TIME
FOR THE GYM?



THE STAIRS!



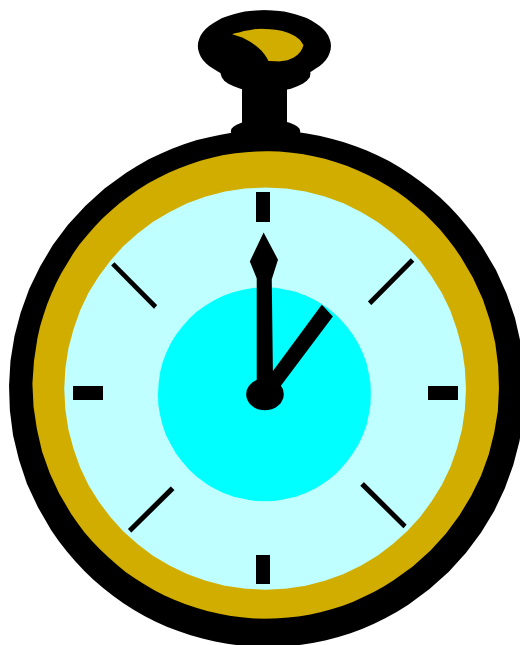
OUR FIRST STEP
ON THE
RHODE TO HEALTH



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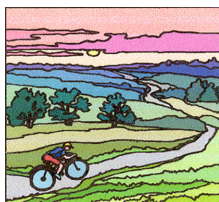
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GOT A MINUTE?



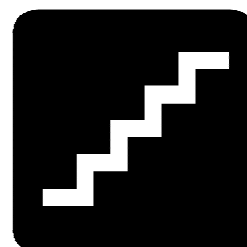
Use the Stairs

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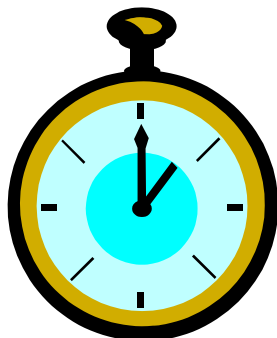


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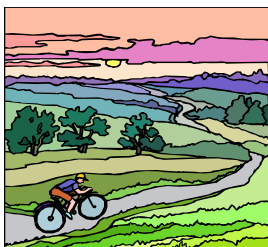
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USE THE STAIRS!



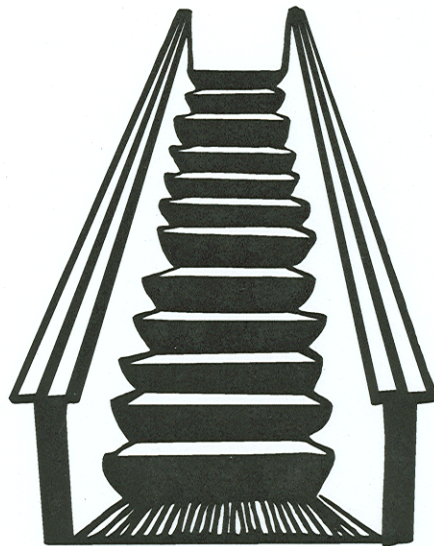
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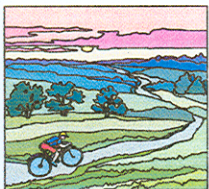
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FREE EXERCISE MACHINE



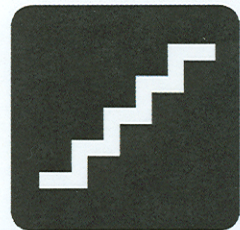
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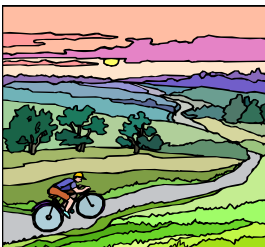


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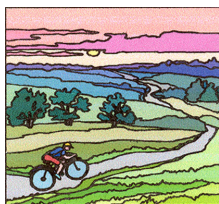
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DON'T WEIGHT!



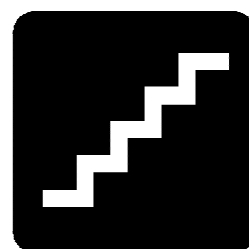
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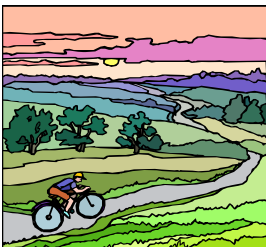
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WANT TO BE FIT?

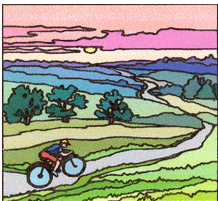


ALL YOU DO IS SIT?



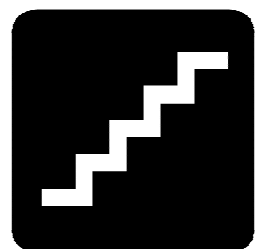
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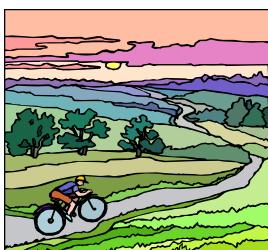
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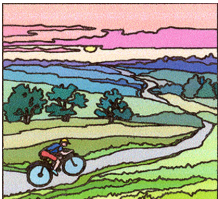
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TAKE YOUR FIRST STEP ON THE RHODE TO HEALTH



Member organizations of the *Rhode to Health* Coalition are:

Bradley Hospital • Butler Hospital • Care New England Wellness Centers •
Eleanor Slater Hospital • Kent Hospital • Landmark Medical Center •
Memorial Hospital of RI • Newport Hospital • Our Lady of Fatima Hospital •
Rehabilitation Hospital of RI • RI Department of Health • Rhode Island
Hospital • Roger Williams Medical Center • St. Joseph Hospital for Specialty
Care • South County Hospital • The Miriam Hospital • Westerly Hospital •
Women and Infants Hospital of RI

